

Video Resource Catalog

May 2000

Illinois Department
on Aging

Governor Rod R. Blagojevich

Director Charles D. Johnson

About our service . . .

The Illinois Department on Aging operates an extensive **Video Lending Library** on topics related to aging. Over 150 videos are available **free of charge** to individuals, organizations and agencies.

The various topics include Alzheimer's Disease, crime, aging processes, health and wellness, program management, intergenerational activities, minority elderly, retirement, personal care, stress management, supervisory techniques and more. Besides being entertaining, the materials provide a succinct method of information exchange, training and education. The videos are designed for audiences of all ages – older people, family members, service providers, staff and volunteers.

To reserve a date for any of the **1/2-inch, color VHS video cassettes**, you may:

- **CALL 1-217-785-3387** or the **Senior HelpLine: 1-800-252-8966**
(Voice and TTY)
or
- **SEND** an e-mail to: lisa.butler@aging.state.il.us.
or
- **WRITE** to the Audio-Visual Coordinator at the Illinois Department on Aging.

Please place your reservation request at least two weeks in advance of the date on which you need to use it **and** even sooner for the more popular items. All resources should be returned by UPS immediately following their use, with \$400.00 insurance. In using this free service we ask that you please be considerate and return all materials promptly. We work on a tight time frame, particularly with the more popular videos. If a video is returned late, we may be unable to send it to the next person in time for his or her planned usage.

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● Abuse

Behind Closed Doors – Elder Abuse

15 minutes

The Illinois Elder Abuse Program serves persons 60 years and over who live in the community. Targeted to viewers who are mandated elder abuse reporters, the video includes segments where actual elder abuse victims talk about their situations.

Elder Abuse: Five Case Studies

42 minutes

This video explores this issue very personally from the point of view of five different victims. Their candor in telling about their situations gives insight into the ambivalent feelings of abused individuals as they try to find a resolution to their pain.

I'd Rather Be Home

29 minutes

Follows, over a period of seven years, the case of Norman, an older man repeatedly abused by one of his sons.

A Safer Place: Coping with Elder Abuse in Illinois

20 minutes

A documentary about elder abuse and neglect in Illinois, the video defines and identifies elder abuse, addresses why it occurs, and explains how the Illinois Department on Aging is responding to it. Personal stories of an abuser and several victims of elder abuse are addressed. Professionals, such as social workers and a physician discuss what services are available to alleviate the problem of elder abuse.

● Aging – Illinois' Aging Network

Aging is Everybody's Business

13 minutes

The Illinois Department on Aging produced this video in 1992. The program provides an

excellent overview of the network of services and programs available to older people in Illinois. Viewers will learn about the Illinois Department on Aging, Area Agencies on Aging and local service providers that make it possible for vulnerable older people to live independently in their own homes and communities.

America's Aging Network - Coping with Disasters (English Version)

This video describes how to pick up the pieces of your life after suffering the devastating effects of a flood, fire, tornado, earthquake or other disaster. It explains that there is a national, coordinated system in place to speed services to seniors and how agencies and organizations are continually working on this team effort to effectively respond to that population.

● Aging Sensitivity

A Good Place to Grow Old

32 minutes (with facilitator's guide)

"Aging in the Neighborhood" consists of four video segments that examine the lives of older people as they face the challenges and opportunities of growing old in their different communities. Each segment is hosted by Charles Osgood of CBS News. Segments vary in length from about 8 minutes to twelve minutes and are designed to stimulate discussion with diverse groups and organizations. The implications of our aging society on both national and community levels are explored.

Growing Old

16 minutes

This video explores facts, myths, and treatment of aging in contemporary American Society. Dr. Margaret Mead's opening remarks reflect a particular philosophy on aging. She states ". . . it's the point when people feel they have nothing to live for that they begin to feel old." Filmed interviews with aged individuals who are participating in active, full-time occupations provide examples of persons who are chronologically old but, because of the fulfilling life-styles they pursue, do not feel old. In addition, a focus on

the happiness and successful adjustment of those over 65 who have continued their occupational roles is included. Dr. Mead, Lydia Bragger of the Gray Panthers, and Kallia Bokser (Coordinator, Office for the Aging) discuss the independence of older people who are living in the manner and location they desire, stressing the importance of specially designated housing for the elderly. A 1977 production.

Sonny and Cornblatt

33 minutes

Sonny Jackson and Harry Cornblatt are two elderly men who don't like each other. When Harry's wife dies, Sonny (a widower himself) tries to befriend him, but Harry is far from receptive to his overtures, and the two enter a dance of gruffness and hostility as they test each other. Their story is a good example of how men can support each other, admit their frailties and still maintain their "manly" demeanor. It also demonstrates the importance of significant relationships among older people.

Transitions

30 minutes

Have you ever thought you were too old to try something new, to start fresh, begin again? This video portrays three situations an older person may be faced with: retirement; losing the family business; death of a spouse. The video provides advice on how to deal with adversities to start anew. A 1989 production.

● Alcoholism, Substance Abuse and Medications

Addictions, Compulsions and Alternative Highs

24 minutes

This video examines the compulsion / addiction mechanism – the human drive for absence of pain and presence of pleasure. It is presented as a positive trait, but demonstrates realistically the grave dangers present in the fact that body and

mind adjust tolerance levels so that it takes "more" to produce the same effect. Four actual case histories (alcohol, drug abuse, compulsive gambling and compulsive eating) are presented. It points toward the natural "highs" resulting from many types of achievement. Baseball star Lou Johnson, recovering from alcoholism, points to that victory as the greatest "high" he has known. A 1981 production.

Don't Give Up – Recognizing and Helping Elderly Alcohol Abusers

8 minutes

This program explains the alcohol-related problems some elderly people have in their everyday lives. One in eight elderly persons is affected by alcohol abuse. Most start out as social drinkers and become isolated from family and friends. It states alcohol abuse is a health issue, not a moral issue.

Messages of Concern:

Alcoholism and the Older Adult

12 minutes, 51 seconds

This program describes alcoholism in the elderly and how to identify an alcohol problem. It offers information on how to help an elderly alcoholic regain control of his/her life.

Over-Medicating the Elderly

28 minutes

Statistics indicate that at least a quarter of a million Americans are hospitalized annually because of reactions to drugs prescribed by their doctors. This specially adapted Phil Donahue program explains that the primary culprit is the pyramiding of drugs – a new drug being prescribed to control the reactions to an earlier drug. The primary victims are the elderly.

To Lead a Better Life

17 minutes, 38 seconds

This video provides information for older Americans on taking medications correctly.

● **Alzheimer's Disease**

A Part of Daily Life: Alzheimer's Caregivers Simplify Activities at Home

16 minutes, 35 seconds

Following an extensive review of current caregiver education materials, an absence of information about task breakdown is noted. The introduction of the task breakdown strategy, accompanied by practical application exercises which encourage mastery of the strategy, simply is not available. Consultation with members of caregiver support groups finds them to be interested in developing such an educational video and Resource Guide for use by other caregivers. They feel the videotape format will allow caregivers a choice of viewing it in their own home or together with others in the support group setting. It is felt important to address the topic of home simplification because home modification can increase the impact of activity simplification.

For a copy of the Resource Book contact Anne Long Morris, Geriatric Manager, the American Occupational Therapy Association, 1383 Packard Drive, P.O. Box 1725, Rockville, MD 20849-1725, Phone (301) 948-9626 or FAX (301) 948-5512.

Alzheimer's Disease: A Family Perspective

30 minutes

Family members and health professionals will get important insights from this candid and sensitive exploration of feelings about Alzheimer's Disease. This 30-minute video examines the coping and communication skills family members use to deal with a dementing illness. The program is successful in getting viewers to begin examining and expressing their feelings about the disease and its impact.

Alzheimer's Disease

"Silent Changes in the Brain"

30 minutes

This video is a factual presentation of the effects of this debilitating disease.

Alzheimer's Disease: Stolen Tomorrows

26 minutes

An Alzheimer's clinical nurse, psychologist, psychiatrist and neurologist explain the disease, how they diagnose it and how they prepare the family. This program also features interviews with five members of different families about the adjustments in their lives, how they cope and the importance of support groups.

Assisting the Families of Patients with Alzheimer's Disease: Opportunities for Social Workers in Hospital Settings

12 minutes

Older hospital patients include many with Alzheimer's disease who are being treated for another condition. Some have, in fact, never been diagnosed with Alzheimer's disease prior to the hospital visit. This tape demonstrates how social workers can work with families and caregivers to analyze available resources, the concerns and emotions of those involved, and issues related to everyday patient care. Produced by Duke University Medical Center. Sponsored by the National Institute on Aging.

He's Doing This to Spite Me

22 minutes

Those who are close to someone who has dementia often find it hard to deal with the erratic and difficult behaviors that result from the disease. They may, in fact, begin to interpret these behaviors as intentional. This feeling, combined with the stress of caregiving and a lack of understanding of the effects of the disease, may cause the caregiver to respond with frustration, impatience, even anger. This often further escalates the cycle of emotional

discomfort and defense between them and their loved one who has dementia.

These misunderstandings, fears and feelings are explored in this video, and it teaches caregivers how to reframe the caregiving dynamic into one that is more comfortable and productive for both the caregiver and the care-receiver.

I Know a Song

26 minutes

This artfully made video shows that Alzheimer's disease need not be the end of a loving relationship. Film maker Brenda King stands by her mother from the first lapse through the decline. During the six years she cares for her mom at home, she keeps an emotional rapport with her, accepting her increasing limitations. Now in a nursing home, her mother is far into the disease. Brenda reaches out to her through touch and song. Sometimes there is a response, sometimes not, but Brenda finds there are rewards in just being there. She is certain that her mother's essence still exists underneath the affliction. The emotional impact of this video makes it unforgettable.

I Want to Go Home:

The Bus Leaves at 3:00

26 minutes

This 15-minute program coincides with the **Alzheimer's Adult Day Care Training Guide**. It explains the symptom "I want to go home" as a characteristic of Alzheimer's disease. Filmed in an Alzheimer's Adult Day Care Center, it defines the symptoms and demonstrates effective techniques of adapting the environment and communication to accommodate clients who want to go home through distraction, reassurance and understanding of the effect of the disease on emotional responses.

Just for the Summer

30 minutes

A teenager must come to terms with Alzheimer's disease when his grandmother comes to live with the family. Her mood swings and unpredictable behavior take an emotional toll on him and his parents. But anger, shame and helplessness eventually give way to compassion and

understanding. This moving portrayal provides an extraordinary introduction to one of the most perplexing afflictions of our time. The video also suggests ways of coping with responsibility of caring for an Alzheimer's patient. The video is a winner of several national awards.

Living in a Nightmare

25 minutes

This video includes interviews with Alzheimer's patients and the family members who care for them; it examines some of the things it means for the fifteen percent of those over 65 who have Alzheimer's Disease. Two case histories in families of different races bring home the effect. A 1982 ABC documentary, hosted by Doris Briscoe.

Managing Alzheimer's Disease

30 minutes

This practical, lively and rewarding program focuses on solutions to the problems encountered by anyone caring for a person with this neurologically degenerative disease. Throughout the presentation, people involved in the daily care of the patient learn how to manage the many symptoms of the illness, such as incontinence, wandering, depression, confusion, and anger.

Alzheimer's disease is progressive, and eventually most people consider placing the patient in a nursing home. This program includes valuable information on when and how to choose a nursing facility. Caregivers are reassured that nursing home placement does not mean failure.

Managing Problem Behaviors of Persons with Alzheimer's

26 minutes

Nine vignettes are acted out to help explain behaviors/symptoms common to Alzheimer's Disease. Each is defined. Causes of the behavior are given. The behavior is dramatized with staff intervention. A list of suggested techniques is provided.

Mealtimes

26 minutes

Set in an Adult Day Care Center, this 15-minute video discusses how Alzheimer's Disease affects the client during eating and mealtime. It coincides with the Alzheimer's Adult Day Care Training Guide and demonstrates some of the problems clients may encounter while eating. The video provides effective techniques for enabling them to function at their optimum independent level through adaptations in staff expectations, the environment and communication.

Congregate Housing

7 minutes

This segment looks at the concept of congregate housing - older adults live independently in their own apartments, but share common living areas, meals, services, support and innovative programming.

Not Alone in the World – Care for Someone with Alzheimer's Disease

30 minutes

Alzheimer's Disease and Related Disorders Association, Inc., presents a look at three families who are caring for and coping with a family member with Alzheimer's Disease. A 1989 production.

Sharing the Caring II

26 minutes

This program begins with a standard yet easily understandable overview of Alzheimer's Disease. The tape weaves an informational tapestry of scenes in and out of the home of an individual with Alzheimer's Disease and the Alzheimer's Family Center in San Diego. The viewer is provided with information on activities, assistance with activities of daily living and approaches to behaviors/symptoms and communication.

Wandering:

Walking vs. Agitated Pacing

26 minutes

This 15-minute video coincides with the Alzheimer's Adult Day Care Training Guide. It explains the symptom of wandering as a characteristic of Alzheimer's Disease. Filmed in an Alzheimer's Adult Day Care, it defines the symptom and demonstrates effective techniques of adapting the environment and communication to accommodate for clients who wander. It also makes a distinction between wandering and agitated pacing.

● The Body

A Better View of You

30 minutes

This video cassette is about eyes, proper vision care and how the eyes work in order for a person to see. Also, it explains some of the diseases of the eye in elderly people and how these diseases may be corrected through surgical procedure.

Aging

26 minutes

This program covers the physical process of aging and examines the various body systems to see how and why they change as they age. It also shows that not all the changes in older people are inevitable and that some changes in the aging body can be slowed down or reversed.

Heat and Prevention for Older Adults

Narrated by Ed Asner. This video cautions people to protect themselves from the sun and high temperatures by wearing appropriate, light-colored, light-weight clothing and covering their head to help avoid getting over-heated or suffering heat stroke. People should drink lots of fluids, keep window shades pulled during the day, avoid using the oven to cook on hot days, and use a fan to circulate air-conditioned air into other rooms of their home.

Heat and Your Heart

16 minutes, 50 seconds

Every summer thousands of people die of Heat Stress. When temperatures rise, keeping cool becomes a matter of life and death.

Temperatures above 85 degrees are dangerous and over 90 degrees is threatening to your heart. Be aware of the symptoms of Heat Stress: no appetite, tiredness, bad headache, dizziness, pains in the stomach or chest.

What can you do to prevent Heat Stress? Drink lots of cool tap water – not ice water. Limit the amount of soda, coffee and tea you drink. Avoid drinking alcohol in hot weather; it pulls water out of your body. Take comfortably cool, not cold, showers or baths and do not eat salt tablets.

Listen and Learn: Hearing Loss and What You Can Do About It

15 minutes

More than 80 percent of people over 60 experience some hearing loss. This video explains:

- the signs and symptoms of hearing loss
- what can be done about it
- the causes of hearing loss
- which professionals deal with it
- considerations when buying a hearing aid or other assistive devices.

The video provides excellent viewing for older adults and their families, social service agencies, nutrition sites and senior centers.

Look Out for Annie

30 minutes

This production of the National Center for Vision and Aging explores major issues that arise when a person loses vision late in life. The play portrays Annie's efforts to maintain her independence and explores her relationship with her married daughter and with friends and staff at a senior center.

The video illustrates that visually impaired people can remain active and engaged. The production does not offer simple solutions to the problems created by the loss of vision late in life. It depicts both the practical and emotional efforts that Annie must make to continue her

life. Annie's effort, courage, and struggle convey an important message for all older people and their families.

Making Sense of Shingles

16 minutes

This video provides information about shingles in a personal manner. Through the insight and experience shared by both medical experts and people who have had shingles, viewers learn what this disease is and how it can affect lives.

Symptoms of Aging

28 minutes

Some symptoms of age can be cloaked, others can be postponed, but aging is inevitable. This program covers some of the symptoms of aging—loss of muscular strength, reduced visual capability, arteriosclerosis, as well as, how these may be prevented, postponed, or dealt with. The video shows both how fitness can be maintained and how seniors may have the edge over younger people.

The Healing Influence

15 minutes

Patricia Neal, celebrated stroke survivor, guides us through this video to understand stroke and its effects on both patient and family. Caregivers learn what they can do to promote patient recovery and family well-being.

When Hearing Fades – Perspectives on Hearing Loss in Later Years

60 minutes

This video provides an excellent understanding of the pervasive yet often overlooked area of hearing loss in the older population. Professionals and administrators in long term care settings, senior centers, and gerontology degree programs will benefit from the practical and comprehensive presentation of issues and intervention strategies related to older people with diminished hearing. A 1987 production.

● Caregiving

A Prescription for Caregivers: Take Care of Yourself

60 minutes

Packed with humor and stories from real life, this video tackles emotions involved in caregiving. Both caregivers and professionals who assist them will find a wealth of ideas on how to make life better for both the giver and the receiver of care.

Coming Home: Basic Information for the Home Caregiver

51 minutes

This video and its companion booklet can be a big help to caregivers. It shows how to safely move a patient both within and to/from the bed. In teaching about infection control, it shows how to deal with personal hygiene, safe food preparation and care for circulatory problems. *Coming Home* also discusses the importance of nutrition and how to eat more nutritiously. The video concludes with suggestions on how best to communicate and work with medical professionals in the care of a loved one.

Caregiving: Coping with Stress

26 minutes

Three women who are caregivers share the frustrations they experience in their different situations as caregivers, sandwiched between their children, their parents and their own aging process. The husband of one woman suffers from Alzheimer's Disease. One woman is caring for her mother in her home, and the husband of the other has emphysema. The women talk about their caregiving experiences, their feelings of frustration, loneliness, resentment and anger, and the ways they relieve their tension. Some go to another room and have a good cry, some go for a fast walk, and some have yelled at their parents. The women feel the support group is very helpful to them. They are all proud of what they are doing.

Families Who Care

12 minutes

This video deals with the special needs of caregivers and provides those caregivers direction on where to turn for help.

My Mother, My Father

16mm film/Color/20 minutes

The award-winning film by Terra Nova films takes a candid look at four families and their deep and often conflicting feelings as they deal with the stresses and changes involved in caring for an aging parent.

My Mother, My Father: Seven Years Later

42 minutes

"My Mother, My Father: Seven Years Later," revisits each of the families in the original version, and explores the changes that have taken place over the years in the family dynamics and in their caregiving situation. Like the original **My Mother, My Father**, the video is divided into four segments, one on each family.

The Third Step to Dignity

21 minutes, 19 seconds

The story is about a family taking care of an elderly grandmother. It explains many responsibilities the family has to achieve for a good lifestyle. For the mother it shows the strains of caregiving. Information is provided on various forms of private insurance (and its restrictions) which is available to the public. It explains how Medicare does not cover most long term care needs.

Harbor

16 minutes

A personal documentary about the unique relationship between the film maker and her father, who suffered a major stroke several years ago. In just one moment, their traditional family was torn apart. An athletic, professional and independent father became paralyzed and unable to communicate without difficulty. A carefree, idealistic daughter was transformed into a responsible caregiver with changed priorities.

Harbor shares the daughter's perspective of her father's stroke and subsequent disability. It explores a universal rite of passage, and gently shows how one young woman, faced with a tremendous loss, learns about the sadness, anger, and finally, the joy involved in caring for a loved one.

● Case Management

Hand In Hand – The Case Manager

13 minutes

The Illinois Department on Aging produced this video which describes case management and the role of the case manager in helping people determine the services they need. It Describes the Community Care Program and provides an insight into the relationship between a case manager and his/her client.

● Community-Based Services

Aging Assist Videotape Series

This new videotape series focuses on important issues in the field of aging and is available for loan to members of the Illinois Aging Network. Below is a summary of each of the seven tapes, along with the running time. Each contains three or four segments on a variety of topics. They were produced by the Aging Assist Television Network, QEX/16, 4802 Fifth Avenue, Pittsburgh, PA 15213, along with the National Association of State Units on Aging.

Aging Assist tape A:

Don't Mess with Bill (*10 minutes*) The video focuses on stereotypes about aging, usually proven to be untrue. This delightful piece is about the self-proclaimed "Colonel Sanders of Defendo," who shatters the myths about older adults.

Alzheimer's Disease. (*9 minutes*) Today's media conveys a great deal about Alzheimer's, a progressive, degenerative disease with no known prevention or cure. The impact of the disease goes beyond the

symptoms and statistics. This segment tells the story of one Alzheimer's victim and his family and how the illness has affected their lives; it looks at preserving the dignity and self-worth of the patient, as well as how the family copes.

Exercise (*6 minutes*) Fitness does so many good things for the body. Today, older Americans are into fitness, and this report is a sampler of the diverse exercise programs and approaches that have been found to be helpful for older people. In addition to these tips, the segment warns you to see your doctor before beginning any fitness program.

Aging Assist tape B:

Freewheelers (*7 minutes*) How can nursing home residents maintain their independence? The little things we take for granted can be very difficult for them -- running errands, getting around, taking a walk. This segment highlights FreeWheelers, a volunteer program which began in San Francisco. Nursing home patients are taken out for the day, accompanied by volunteers.

Home Safe Home (*10 minutes*) The U.S. Consumer Product Safety Commission produced this entertaining report on how to improve safety at home, the place where most accidents take place. The segment offers helpful tips on specific ways to avoid household hazards and make your home a safer place. The entire piece takes place from a cat's perspective. A free 29-page booklet, "Home Safety Checklist" is available by writing the U.S. Consumer Product Safety Commission, Washington, D.C. 20207.

Living-at-Home Program (*8 minutes*) Maintaining autonomy is the number one concern of many older adults who may need some help with everyday activities, but do not want to leave their own homes. In most cases, they do not need to leave. Volunteers, many of whom are older themselves, can help fill the gaps, providing assistance reading mail, paying bills, shopping and with

repairs. This program is funded by several foundations and operates in 20 cities, including Evanston, IL. For more information on Living-at-Home, contact: Dr. Morton Bogdonoff, New York Cornell Medical Center, New York, New York (212) 746-1991.

Aging Assist tape C:

Claims Assistance (7 minutes) Health care has become a clutter of papers, forms, bills and red tape. It can be very confusing to try to make heads or tails of Medicare, Medigap insurance, deductibles, insurance reimbursement and the like. In fact, the health care claims process seems to have created a language of its very own. Claims assistance is a service to help older adults maximize their health care dollars, and to help older people and their adult children sort through the complex paperwork.

Health Fair (7 minutes) Early detection is often the key to prevention and care of health problems. Screenings and medical tests are often offered free or at low cost by Area Agencies on Aging, United Way and local hospitals through health fairs. The earlier an illness is caught, the more likely it can be treated successfully.

TV Volunteers (5 minutes) This segment tells about the passing on of culture and traditions from one generation to another through television videotapes. Senior center volunteers produced these tapes for younger people.

Looking Good (6 minutes) At any age, it is important to look good. How we look can impact how we feel. Looking good goes beyond fashion, beauty and grooming. It involves attitude and good health. And, it's not for women only.

Aging Assist tape D:

Eye Care (5 minutes) Will your eyes last a lifetime? Natural changes occur over time, but serious damage can be prevented. This segment illustrates the changes, as well as tips on early detection of disease. It is

very important to see your eye doctor yearly.

Aging America (2 minutes) America is facing a demographic shift unlike any before. In 1900, the 65-plus population made up 1 in 25 Americans. In 1986 it made up 1 in 8. Additionally, the 85-plus group is the fastest-growing sector of the population, and it will quadruple by 2030.

Taking Care (13 minutes) The "Sandwich Generation" is caught between conflicting responsibilities to its aging parents and growing children. This segment looks at people coping with caregiving duties and the stories of how they help sick and dependent relatives. It also tells of some of the resources available to assist. "Taking Care" was produced by the Kellogg Respite Care Project of Evanston, Illinois, with Jane Feinberg, and funded by grants from the W.K. Kellogg Foundation and the Auxiliary of the Evanston and Glenbrook Hospitals.

Mrs. Boone (4 minutes) This is the story of a 92-year-old woman who has made life interesting for herself and others.

Aging Assist tape E:

Adapt a Home (7 minutes) The Florida Office of Aging and Adult Services produced this segment on how to make your home more comfortable and liveable by making both major and minor changes to compensate for the physical changes of aging.

Alcoholism and Aging (8 minutes) Ten to 15 percent of older adults suffer alcoholism, a disease that can be related to stress, depression, memory loss and other aspects of aging. Some have been drinkers all their lives and some have just developed the disease - in fact, one-third of older alcoholics are new alcoholics. This segment focuses on alcohol abuse, the deadly mix of alcohol and prescription or over-the-counter drugs, treatment centers and self-help groups. A national hotline can help: 1-800-662-HELP.

Caregiver Diane Krevolin (5 minutes) Only five percent of older Americans live in

nursing homes. The rest are cared for by their families. In fact, for many women, caregiving becomes a full-time job - which they handle in addition to their spouses, kids and paid jobs. One caregiver explains how she manages a hectic, stressful schedule.

Older Workers in Child Care (6 minutes) The older generation teaches and cares for the youngest generation in this innovative day care program. The kids are at the age where you can impart something of value to them. The older caregivers are at the age when they have something to give. This Pittsburgh program promotes intergenerational relationships, with the older workers loving and caring, sharing and bringing America's generations together.

Aging Assist tape F:

Designs for Independent Living (9 minutes) New York's Museum of Modern Art collects beautifully designed products for disabled and frail older adults. The influence of space-age technology and the disabled athlete movement have combined to transform the appearance of adaptive devices. Wheelchairs have gone from a place to sit to a true aid to movement.

Urinary Incontinence (6 minutes) It's time for bladder problems to come out of the closet. Urinary incontinence can be treated and cured. This segment looks at the causes, the types of incontinence and exercises that help to develop bladder control.

Alerting and Listening Devices (9 minutes) This report is "open-captioned" for the hearing impaired. Thirty percent of people 65 to 74 and half of people 75 to 79 suffer hearing loss. Adaptive devices can help in a variety of situations in which a hearing aid just won't suffice. This segment demonstrates a variety of gadgets. "Handyman Hints for Hard of Hearing" is available from Self Help for Hard of Hearing People (SHHH), 7800 Wisconsin Avenue, Bethesda, MD, 20814.

Aging Assist tape G:

Elder hostel (7 minutes) Age is no barrier to learning. Elder hostel programs mix travel and classroom work to keep the mind active. Most of these residential academic vacation packages take place on college campuses throughout the United States and Canada. Contact: Elder hostel, 80 Boylston Street, Suite 400, Boston, MA 02116.

Healthy Eating (7 minutes) Weight gain is a real problem for older adults. This report offers practical tips on healthful eating, shopping, microwave cooking, diet, flavor-enhancing and food preparation.

ECHO Housing (9 minutes) When adult children would like to move their parents in to live under the same roof, both may have to sacrifice privacy and independence. But an innovative concept - started in Pennsylvania and based on the practices of the Pennsylvania Dutch in the late 19th century - uses small, moveable, factory-made homes that can be placed on the land adjoining the children's home. For more information, contact: AARP, 1909 K Street N.W., Washington, D.C. 20049; or ECHO Housing, Ed Guion, Coastal Colony Corp., Box 452A, RD4, Manheim, PA 17545 (717) 665-6761.

Home Care

19 minutes

This program discusses the reasons for the growth of home care and the advantages for patient and family. It discusses the new medical technologies suitable for home use: cardiac beepers, spring-loaded syringes, portable oxygen systems, respiratory ventilators, as well as others.

Meeting the Emergency Needs of People Who are Disabled or Elderly, Part II

2 hours

This video discusses meeting the special needs of disabled and elderly people. It gives tips on what

to do in an emergency situation, including discussions on shelters, accessibility, and psychological effects.

Most Valuable Player

10 minutes, 17 seconds

This training video is designed especially for in-home care workers in the Community Care Program. It describes the important role they play in the Aging Network.

● **Death and Grieving**

It's Up to You

9 minutes

This video may be used to help older persons and others make choices about funeral and memorial planning. Funeral education is not a very popular subject, and educating the general public is difficult. This video's primary use is to enable organizations to hold community service seminars on this subject. A 1989 production.

The Right to Die . . . The Choice is Yours

14 minutes

Beyond the basic practical and legal issues about the exercise of the right to refuse treatment lies a wide range of questions and fears about one's medical care and how treatment decisions are made. This 1987 video deals with these questions and provides issues for discussion.

To Touch a Grieving Heart

40 minutes

This 40-minute video is an invaluable resource for anyone who comes in contact with grieving people: from the admitting clerk to the surgeon, from the volunteer to the professional caregiver. Even clergy and grief counselors will appreciate the caring style and practical suggestions contained here.

● **Crime/Fraud**

Better Business Bureau: "Opportunities Knock"

Elderly Scams

24 minutes

Would you know what to do if a scam artist showed up at your house and told you the chimney on your house needed to be fixed? Before you sign any contracts or agreements to have repairs made to your home, take these precautions. Listen to what the person says, get as much information as possible and then take time to make a decision.

Some indicators you may be dealing with a scam artist are: he/she says you have won a free prize but you have to pay a delivery fee; or, you will win a prize if you buy their product, which is over-priced. If you had actually won a legitimate prize, you would have gotten a certified letter in the mail. NEVER give out your credit card or bank account numbers. You should call your Better Business Bureau to see if a company is legitimate. Remember, protect yourself.

Crime: Senior Alert

20 minutes

Offers guidelines and safety rules that will help older people protect themselves and their property. Dispensing sound advice, it empowers them to fight crime at automatic teller machines, at home, in supermarkets, on the street, and in other public places.

● **Demographics**

America's Maturing Majority

17 minutes

Is your county prepared for the maturing population? Find the answer to this question in this informative video developed by the National Association of Area Agencies on Aging and National Association of Counties. The video explores the impact an aging America will have on local communities. Various model projects local communities have developed to assist seniors

with transportation, minor home renovations, health care and community adult day care are described. Examples are given of successful partnerships between Area Agencies on Aging and local governments that have helped solve problems arising from an aging local population.

Use It in Good Health, Charlie

27 minutes

This video reviews demographic information which indicates that increasing longevity will mean increased retirement years and an increased percentage of older citizens. It examines what this can mean, emphasizing positive ways of dealing with it. Of the three aspects of aging (biological, social, and psychological) only the first is degenerative. Ways in which the other two can be regenerative are presented.

● **Depression**

Depression in Older Adults: The Right to Feel Better

30 minutes

An analysis of depression as it affects older people with comments from Dan Blazer, M.D., Ph.D., author of the book, *Depression in Late Life*. Topics covered include prevalence, dimensions of causation, treatment modalities, suicide risk, issues for nursing homes, and public policy. It also features interviews with actual patients who have experienced or are experiencing depression in the late life, as well as congressional testimony about this issue.

● **Diversity**

Old, Black and Alive

28 minutes

Aging touches everyone. It's universally reflected in this video with candor and humor. This offers a portrait of seven black Americans who share their insight, faith and strength in this compelling documentary on aging.

● **Elder Rights**

Career in Caring

17 minutes

This video discusses the legal responsibilities for guardianship of older persons, Power of Attorney and Standard/Living Wills.

Health Care in America: Managing Our Miracles "Final Choices."

60 minutes

Today, with the skills of physicians and medical technology, life can be prolonged. But who makes the decisions on the level of medical care – the patient, doctor, family? When is a person incapable of making decisions for themselves? What is this thing called "quality of life?" How does this issue affect the areas of doctor/patient relationships, malpractice, medical costs, transplants and others? Who does make the final choices?

In Your Hands: The Tools for Preserving Personal Autonomy

16 minutes, 5 seconds

This video is a self-improvement program.

Living Choices

16 minutes

Use of the video Living Choices will satisfy both the spirit and the letter of the Patient Self-Determination Act. It can be difficult not only to confront our own mortality, but also the rationalizations used to avoid it. Living Choices makes this easier by using believable characters in everyday situations as they respond to the simple question, "What do you know about advance directives?" In this way the video asks and answers common questions such as the following:

- Who needs an advance directive?
- What is a "durable power of attorney"?
- Do I need both an advance directive and a durable power of attorney?
- How difficult is the paperwork?
- Does it require an attorney?
- Who should be designated as the agent?

- What is meant by "quality of life"?

This video will convince you that preparing an advance directive now is one of the most life-affirming actions that you can take. It will clear up your misconceptions and help you understand the value of these important documents.

Mr. Nobody

35 minutes

Do mentally competent seniors have the right to neglect themselves and their surroundings to the extent that they offend the community? What should be done when reclusive or eccentric seniors refuse help? Do government agencies have an obligation to intervene?

Mr. Nobody sensitively addresses these questions by focusing on quirky 65-year-old, Jack Huggins, who has lived alone in his family's house ever since the death of his parents. A bachelor, he lavishes affection on a menagerie of cats. The house is crammed with discarded appliances collected from garbage cans.

Jack's troubles begin when his neighbors complain to the Health Department about the condition of his house. For a time, Jack is certified incompetent, and his financial affairs are monitored by a state-appointed trustee. He deeply resents this interference, having always functioned independently. "I never owed a person a cent and now I'm being treated like Mr. Nobody," he protests. Finally a senior advocacy agency has him re-assessed by a psychiatrist.

In no other video have these legal, ethical and human issues been addressed so clearly and poignantly.

Older and Wiser — Crime Prevention for Seniors

22 minutes

A retired cop, looking back through his files, recounts incidents involving the victimization of older people: robbery, purse-snatching, and scams are covered, together with suggestions for protection of self and property. (1990)

● **Employment**

It's Good Business to Employ the Older Worker

17 minutes, 20 seconds

The Governor of North Carolina speaks about employment programs in that state designed to employ older people and to encourage them to continue to work. Older people find employment through Title V of the Older Americans Act, JTPA or older worker programs. Their outlook is, "to rest is to rust." Title V employment programs provide jobs such as van drivers, nutrition site managers, home health aides and office assistance.

● **Gatekeeper Program**

Old Enough to Care

10 minutes

This video was produced by the Puget Sound Power and Light Company as part of a "Youth Gatekeeper Program" training package to introduce young people to the program and to increase aging awareness. In the production, sixth grade students are given an assignment to observe the older people in their lives and write comments about their observations. In the course of doing his "homework," a paperboy named Jeff has the opportunity to get to know and ultimately help an elderly gentleman on his route, Mr. Coleman. The assignment also allows a young girl to become closer to her grandmother. The Youth Gatekeeper Program is patterned after the original Gatekeeper Program. It is designed to teach Boy Scouts, Girl Scouts, newspaper carriers and other young people how to recognize indications an older person needs help and how, by working with their parents, they can expedite assistance through the Aging Network.

Old Friends

15 minutes

A touching story of two "old friends", Betty, age 70 and Eleanor, "a determined 84," who relies

on her friend for companionship, assistance with her budget and more. When Betty breaks her hip and has to go stay with her son in another city while she recovers, Eleanor feels the effects of the separation. The video portrays what happens when an older person's support system breaks down and how a utility worker, trained in the Gatekeeper Program, intervenes and helps Eleanor access desperately needed services.

"Old Friends" was also developed by the Paget Sound Power and Light Company under a grant from the U.S. Administration on Aging as part of a training program which introduces interested parties to the Gatekeeper Program. Training also includes discussion of services available through the Aging Network, how to recognize signs indicating an older person needs assistance and how to make a referral on his/her behalf.

For information on the
Gatekeeper Program
contact **Cathy Houghtby**
Illinois Department on Aging
Gatekeeper Program Coordinator

● Grandparents Raising Grandchildren

Grandparents Raising Grandchildren

25 minutes

A group of grandparents are gathered in a support group setting, sharing their stories and seeking support from each other. The reasons grandparents find themselves raising their grandchildren are many. For some, their children are in jail, on drugs or in trouble, and some have mental problems. One grandparent is taking care of her four-year-old granddaughter because her own daughter doesn't have her own life in order. Another grandparent is raising her grandchild because it was born with a birth defect, and the mother did not want to cope with that responsibility.

● Health Topics

Exercise Therapy for Osteoporosis

55 minutes

Presents a no-impact routine designed for women of all ages, emphasizing flexibility, balance and strength. It teaches how to develop body awareness, enhance posture and tone, and strengthen the muscles involved in normal movement patterns

Brain Attacks

30 minutes

All about strokes; stroke survivors share their stories. Informative and personal accounts from stroke patients and professionals addressing the warning signs, risk factors and medical advances. Each personal story reveals the slow progression of symptoms that usually go untreated until the "Brain Attack" occurs. Many professionals explain the scientific approach and resources available to today's stroke patients. This video is an excellent resource for lay persons and professionals alike.

Older and Healthier Series

Older & Healthier is a *30-minute* health awareness program, produced for cable television, covering health related issues affecting older people in Illinois. The Department on Aging, in cooperation with the Illinois Department of Public Health, produces this monthly program. Guests include experts in the fields of aging and health, as well as seniors who have first hand experience with health-related issues. The program is distributed to Illinois public access channels and public health departments across the state. Programs take a "positive" look at dealing with such conditions as Alzheimer's disease, diabetes, depression, nutrition, osteoporosis, cancer and other health related topics. These programs can be used in standard VCRs.

June, 1995: **Staying Active** – Seniors who are actively involved in mall walking, senior olympics, park district programs, and other exciting exercise opportunities are featured.

July-August, 1995: **Living with Arthritis** – This video provides information on medications, exercise and supports groups.

September, 1995: **Breast Cancer Awareness** – Breast cancer survivors, as well as physicians and experts who are knowledgeable about the disease and its treatment are featured.

October, 1995: **Flu and Pneumonia and You** – Flu and pneumonia shots are the focus of this presentation.

November-December, 1995: **Nutrition and Exercise** – Nutritionists provide an overview of how to develop healthy eating habits; seniors discuss the importance of exercise.

January, 1996 – **Healthy Hearts**

February, 1996 – **All about Osteoporosis** – Discussion of prevention and treatment.

March, 1996 – **Taking Care of Your Eyes, Ears and Feet**

May, 1996 – **All About Strokes** Discussion of whether a person might need nursing home or in-home care.

June, 1996 – **Choices for Care**

October, 1996 – **Options for Alzheimer's Disease**

February, 1997 – **Why Elderly Cancer Patients are Special**

March, 1997 – **Depression in the Elderly**

May, 1997 – **Disease and Disability Prevention**

June, 1997 – **Illinois Women's Health Campaign**

August, 1997 – **Illinois Women's Health Campaign**

October, 1997 – **Coping with Diabetes**

April, 1998 – **Crimes and Scams Against the Elderly**

May, 1998 -- **Safety in Your Car/Safety in Your Home**

October, 1998 – **Medications and Older People**

December, 1998 – **Grandparents Raising Grandchildren**

April, 1999 – **The Long Term Care Ombudsman Program**

June, 1999 – **Skin Care**

January, 2000 – **Staying Active in the Winter Months**

February, 2000 – **Cancer Facts**

March, 2000 – **Breast and Colon Cancer Awareness**

April, 2000 – **Medication and Older People**
Additional programs in this series will be produced on an on-going basis.

May, 2000 – Hip Replacements and Therapy
For additional information, please call
Senior HelpLine at 1-800-252-8966
(Voice and TDD)

● **Home Safety**

Changing Needs, Changing Homes ***Adapting Your Home to Fit You***

15 minutes, 49 seconds

This video produced by the American Occupational Therapy Foundation describes how older people can modify their environments for comfort and safety. It explains where to begin and who to contact to make changes specific to their own needs so they may perform daily tasks with ease. All contents and areas of the home,

including the bathroom, staircases and furniture, are discussed with regard to structural and other changes. The video also talks about the various professionals specializing in such consultations, as well as the need to engage family in the decision making.

Avoiding Slips, Trips and Falls

15 minutes

Listing falls as the number two cause of accidental death, the program recommends a better knowledge and a greater awareness of hazards. It describes hazards leading to the three varieties of accidents in the title, recommending procedures for remediation and avoidance of each. Good safety habits and the use of protective equipment are encouraged. (1990)

The Gift of Warmth

11 minutes, 30 seconds

Ed Asner gives an overview of cold stress dangers and steps for prevention, for senior citizens and community outreach leaders. Older people with certain condition who are taking medications may increase their risk of hypothermia. This video explains that it is important to maintain a proper diet, stay dry and wear several layers of loose clothing during the day and at night. It is especially important to protect your head and neck. Victims of hypothermia may experience confusion, shivering, a puffy face and other signs of distress, and the video explains what to do if hypothermia is suspected.

Safety for Older Consumers

20 minutes

This program includes a room-by-room home safety check, when used in conjunction with the Home Safety Checklist for older consumers.

The Need for Fire Safety: A Program for Retired Adults and Their Families

20 minutes

Safety information is provided for retired adults living independently in their homes or apartments. The video shows how to reduce the

risk of fire death and injury among that population.

● Hospice

On Life and Living: The Hospice Experience

Hospice care helps the patient and his/her family stay in control and focuses on symptom control, pain management and comfort. Hospice care helps a family have the best of life through this last part of life of one of its members.

● Intergenerational

Building a Bridge Across the Generations

10 minutes, 17 seconds

Director Margo E. Schreiber introduces the benefits of intergenerational programs for seniors and children/youth. The viewer hears supporting comments from both generations and sees short vignettes of volunteers and students working together in a variety of daily situations.

Now One Foot, Now the Other

24 minutes

While helping children understand events and feelings resulting when a family member suffers a serious illness, this video shows the strength of love in family relationships. Bobby's grandfather teaches him many things, including how to walk. When Bobby is eight, his grandfather suffers a stroke and isn't expected to recover, but Bobby continues to work with him and helps him walk again. The video is based on the book by the same title by Tommie DePaola. A 1986 production.

Old Enough to Care

30 minutes

The series of six programs features a continuous dramatic situation about very different people who are trying to make decisions about their future. One is a recently widowed 75-year-old, another a 65-year-old retiree, and an 18-year-old

high school student. This is a good intergenerational video.

The Lilith Summer

28 minutes

The video dramatizes the story of an unlikely friendship between a young girl and an old woman. Eleven-year-old Ellen wants to earn money to buy a ten-speed bike, and reluctantly agrees to become a companion to seventy-year old Lilith who, wanting to buy new porch screens, agrees to baby sit Ellen. Only later do they realize that they are part of a plot, which turns out even better than the book of the same title by Hadley Irwin. A 1985 production.

● **The International Year of the Older Person**

The International Year of the Older Person

4 minutes, 36 seconds

In 1999, communities all over the world celebrated the International Year of Older Persons. In 1900 life expectancy was 49 years, and in 1996 it is 75.9 years. Life expectancy may increase yet another 20 years. Seniors are urged to lead healthy, productive and economically secure lives. They have experience, knowledge, inner strength, appreciation and have much to give back to society. They help younger generations find value, meaning and fulfillment in every stage of life.

● **Interviewing and Communication**

Coping

14 minutes

Two women who are dealing with stress, are taught a deep-breathing exercise by Mario. Sally suggests some other good ideas: make a list and prioritize activities; decide whether problems are ones you can solve alone or ones with which you

need help; take breaks when you need them; know yourself, appreciate and care for your body and its needs for food, rest and exercise; and seek to balance your activities within this framework. (1990)

Interviewing the Frail Elderly and Role and Bias/Probing

2 Video Cassettes, Black and White

30 minutes

Videos provide instructional programs for employees in the aging field.

Listening: the Problem Solver

20 minutes

This video lists and humorously dramatizes the six bad habits which prevent good listening: distraction; having a closed mind; non-stop talking; jumping to conclusions; prejudice; and thinking speed. Good types of listening include critical, sympathetic, and creative. Techniques and characteristics are carefully presented. A 1981 production.

You're Not Communicating

20 minutes

Four cardinal rules for communication are expressed and illustrated: timing, understanding and using verbal and non-verbal signals, making the message fit the listener's ability and trusting enough to be sincere. A 1980 production.

You're Not Listening

21 minutes

A Shakespearean actor leads viewers through a series of humorous and thought-provoking vignettes that illustrate techniques for building seven basic listening skills; eye contact; control of one's mouth; becoming an observer, practical thinking; not jumping to conclusions; avoiding prejudice, and working to keep an open mind. Stresses that, with hard work and practice, anyone can become a good listener. A 1978 production.

● Literacy

Can't Read, Can't Write

60 minutes

This video details the situation facing the 26 million functionally illiterate and 46 million marginally illiterate adults living in the United States. It presents interviews of people who describe ways they try to cope and points out established connections between illiteracy, unemployment, and crime. The video enumerates programs available for combating the problem and urges participation. Johnny Cash is featured. A 1984 production.

● Long Term Care Insurance

Angel on Your Shoulder

10 minutes, 30 seconds

The Illinois Department on Aging produced this video which will increase the viewer's understanding of the value of long term care insurance and describes the "Illinois Long Term Care Insurance Partnership Project." The tape is designed for use in a program of middle to older aged persons interested in personal responsibility for long term care.

● Medicare

Medicare Last

30 minutes

At the inception of the Medicare program, a clear relationship concerning primary payment responsibility existed between Medicare and other payers of health care services. Except for health care-related items and services covered by the Veterans Administration, Public Health Service, other federal programs and workers' compensation plans, Medicare was the primary payer for all covered items and services furnished to beneficiaries with dual coverage. This video is on the subject of Medicare as the secondary payer. It provides general information

to beneficiaries about types of claims where Medicare may not be the primary payer.

Medicare and You

24 minutes

This video explains exactly what Medicare Part A and Medicare Part B will pay for and what each will not. The viewer is told to call the local Social Security office to request a Medicare Handbook.

Will Medicare Really Pay the Bill? Part I

39 minutes

This video explains in simple language the operation of the Medicare system - what is covered, how expenses are determined, and how to appeal. There is a mixture of vignettes (case examples) and studio discussions by two attorneys expert in Medicare advocacy. This tape is useful in combination with a live presenter who can answer questions and present local information. It is addressed toward a consumer audience, for use in public education programs.

Will Medicare Really Pay the Bill? Part II

49 minutes

Discussed in this video is a hard-hitting study of the federal government's efforts to limit reimbursement for nursing home and home health care costs. The Health Care Financing Administration issues policies which private insurance companies use to evaluate Medicare claims. These policies sometimes violate the Medicare statute and Medicare regulations and restrict coverage. The tape presents four segments in a journalistic style with a mixture of studio discussion and live interviews. Emphasis is on the potential for reversing the improper denial of Part A Benefits.

The video is designed for use in a training program with local experts. It assumes familiarity with the public benefits appeals process and is ideal for use by legal services programs, advocacy groups, and senior organizations. The video is sponsored by the American

Association of Retired Persons and the Legal Services Corporation.

Part 1 The Medicare System - Introduction to Coverage, Claims and Appeals.

Part 2 Provider Problems - Role of Service Providers Caught in the Middle.

Part 3 Arguments for Appeals - Theories Successfully Used in Appeals.

Part 4 How to Build a Successful Medicare Advocacy Program - A State Model.

● **Nursing Facilities**

Seven Days a Week

30 minutes

This video takes a behind the scenes look at how excellence and quality care can be achieved in nursing homes. Filmed in a documentary style over a nine month period, the video focuses on the work of one particular nursing home owner who is committed to quality care and respect for the residents in her facilities. **Seven Days a Week** presents us with a hopeful and challenging picture of what we should expect from a well-run nursing home.

● **Nutrition**

Cooking: A World of New Tastes

A four-part self-instructional video series that promotes healthy cooking techniques. Each is designed with the convenience of the school nutrition service professional in mind. The four videos are:

Cooking with Skill, *24 minutes*;

Cooking with Moist Heat, *20 minutes*;

Cooking with Dry Heat, *18 minutes*;

Cooking: A World of New Tastes — Food Fun Flair, *15 minutes*

Fueling Up

17 minutes

This video deals with food in its role as fuel, and describes the daily requirements "just to run the machinery" of the body and its chemical reactions. It also examines types of food required, dramatizes the nine-meter journey food takes through the body, and identifies the body parts that participate in its processing and the roles they play. (1990)

Good Nutrition for the Best Years

20 minutes

This video, produced by Abbott Labs in 1993, gives valuable nutritional information to people age 60 and over to help them make the most of the food they eat. A physician discusses nutritional needs as people age, to help them eat well, eat smarter, prevent illness and disease, and avoid health problems. A registered dietitian discusses basic dietary guidelines, proper weight range and the importance of a balanced, healthy diet. Another registered dietitian takes the viewer through the grocery store to review nutrients, selecting foods for a healthy diet and recommending proper cooking methods.

To Your Health: A Guide to Eating Well

15 minutes

Hosted by Gene Washington, former football star with the 49ers, and Stanford nutritionist Mia Clark, this upbeat video proves that healthful eating does not mean depriving yourself of your favorite foods. The key is to control how much and how often and to achieve a balance between low and high fat foods. Mia points out the flaws in American's eating habits: a tendency to favor rich foods like meat, cheese, sauces, etc., along with a tendency to skimp on fruits, vegetables and starches. Gene's comment that his main difficulty is knowing "how much" motivates Mia to share guidelines for serving sizes and frequency on red meat, eggs, and dairy products. Dramatic vignettes complement the narration by showing individuals who have successfully modified their shopping and eating habits: two men are shown reading labels in the grocery and

comparing products with regard to nutritional value.

Following a discussion of the importance of fiber, Gene and Mia go out to lunch at a restaurant to demonstrate how to put together a meal that is high in nutritional value. They explain their choices regarding the goals of reducing fat and salt intake. Mia discusses fats, oils, and fast foods; a dramatic vignette illustrates how a fast-food addict learned to order sensibly in a fast-food restaurant, and he shares hints about risk reduction in that environment.

● Older Women

Older Women in Illinois . . . Why They Have Special Needs

24 minutes

The findings and recommendations of the Task Force on the Status of Older Women in Illinois, collected during a series of over 20 hearings, are summarized. Formed by the Illinois Council on Aging, in cooperation with the Illinois Department on Aging, the task force examined major concerns which make it different to grow older as a woman than as a man. Particular emphasis is given to income, housing and health care needs of older women. Findings are included in the video presentation.

Voices — Women Speak to Women about their Health

Notebook/slides/cassette tape

This Consumer Education Program, prepared by AARP's Health Advocacy Services, with support from AARP's Women's Initiative, provides an overview of health issues for midline and older women. Focusing on the areas of prevention, detection and treatment, the slide/tape presentation and accompanying booklet make basic recommendations about actions that every woman can take to insure her own good health.

Whisper the Women

10 minutes

Seven older women share individual stories and reflections on their lives, creating a non-traditional profile of growing older. This simple production, profiling multi-cultural older Americans, touches on common experiences as it allows these women to speak in their own words.

● **Reminiscing**

Coming of Age

25 minutes

This production focuses on indications of changing values: faster cars; more revealing clothes; illegal liquor; bootlegging becoming a two-billion-dollar business. In 1924, radio networks came into being, and in 1927, talking motion pictures. Thanks to Lindbergh's pioneer efforts, flying became a way of travel, and commercial flights from coast to coast were soon established in America. American Diary Series. A 1983 production.

The Best of Times (1920-1924)

24 minutes

The economic, entertainment and political sides of the nation during the early twenties are characterized. Rapid economic growth, mass production and the large-scale harnessing of natural resources made goods widely and rapidly available. The entertainment industry expanded: ball games, Broadway, movies and radio were popular, as the nation saw its first commercial radio station. Warren Harding was a popular president, but his administration was plagued by corruption and scandal. The video is an American Diary Series. A 1983 production.

The Passing Storm

26 minutes

This video focuses on the struggle to recover from the depression — touching on unemployment, bread lines, prohibition, and controversy over the 18th amendment — an issue in the 1932 political campaign. It shows that Communism began to be viewed as a threat and examines

conditions in Europe which eventually led to World War II. This video is an American Diary Series. A 1983 production.

The Tarnished Dream

25 minutes

Easy credit and overspending during the roaring twenties led to the crash of the stock market, which was followed by a period of unemployment, protests, violence, suffering and hunger. The video recreates the feelings with footage from the period. It is an American Diary Series. A 1983 production.

● **Senior Drivers**

Driving Mrs. Kelley

8 minutes, 50 seconds

The older population is taking a number of medications, prescription and/or non-prescription. This video shows what can happen when one's driving ability is impaired as a result of mixing alcohol and medications, and focuses on dangers older drivers face when they mix alcohol with their medications, prescription and/or non-prescription.

Helping You Drive Safely Longer

15 minutes

This video shows what can happen when physical weakness limits one's driving abilities. It demonstrates a driving assessment and how to compensate for problem areas and weaknesses. Personal accounts of applying the assessment and a few simple exercises permitted two individuals to maintain their safe driving ability and their independence.

● **Social Security**

Social Security: For All of Us

14 minutes, 30 seconds

Social Security is the most popular, successful government program in our nation's history. Yet many people are misinformed about its purposes and its financial stability.

Illinois Department on Aging

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Springfield, Illinois 62701-1789

www.state.il.us/aging

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